



3Q FITNESS

Personal Training Studio and Nutrition Center

Sign Up Now For Your **FREE** Private Consultation
And Personal Training Trial With **No** Obligations!
~~Total Real World Value \$210.80~~
YOUR PRICE - Absolutely Free!

No credit card or payment required. Risk free trial includes a Private Consultation along with my exclusive Balanced Body Profile, (2) Private Personal Training sessions, Inside Out Nutrition Strategy E-book, and the 3Q Fitness Cardio Secrets Training Guide.

PLEASE UPGRADE YOUR FLASH PLAYER



GARLAND PERSONAL TRAINER

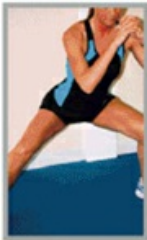
Don't we all want to look better, feel better, and have more energy? Unfortunately, these things cannot be found in a coffee cup or relaxing weekend - they are the result of taking charge of your most important asset - your health.

Whether you want to lose weight, stay active or pursue elite performance - 3Q Fitness Studio's personal trainers have the expertise and resources to help you see results fast and learn the fundamentals for a healthier, injury-free future.

WHY 3Q FITNESS?

VIEW SERVICES

SUCCESS STORIES



Great motivators and instructors and I had the time of my life...

"I have been working with 3Q Fitness for about 6 weeks now and have seen amazing results. They not only teach you how to get in shape physically, but also give you great nutritional guidance as well. Give it a try - you will not regret it!"

Carolyn McClure - Rowlett, TX

VIEW MORE SUCCESS STORIES

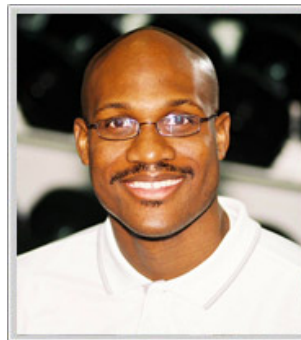
A NOTE FROM 3Q FITNESS

From the desk of Robert Selders

Garland Personal Trainer

Founder, 3Q Fitness

October 07, 2010



We take great pride in applying the latest training and performance nutrition techniques, methods and research that we've gained over the last 7 years and applying them in practical ways that fit your lifestyle.

Our clients are successful, determined professionals and athletes who are committed to seeing their fitness performance match the success they've found in other areas of their lives - it would be our pleasure to help you pursue with confidence.

Give us a call or drop by our personal training studio in Garland, Texas for a free consultation, we'd love to hear more about your fitness goals and let you experience first-hand how 3Q Fitness can help you get there.

Robert Selders

Founder, 3Q Fitness

